IT'S COLD, SO GO SWEDISH
THE NORDIC SUPER DIET {page 20}

ON THE RISE
TRON'S HEDLUND GETS HIS GAME ON
SCENE {page 13}

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VANCOUVER metro®
Tuesday, December 14, 2010
www.metronews.ca
News worth sharing.

JENNIFER GAUTHIER/FOR METRO

▶ Police Const. Jim Chu at city hall yesterday announces the arrest of a Vancouver man in connection with sexual assaults against young girls.

Man charged in 'predatory' sex attacks

▶ First victim, 13, was sexually assaulted outside Lord Nelson School in 1995 ▶ Second attack involved two 14-year-old girls in Delta in 2007 ▶ In 2009, a six-year-old was sexually assaulted at knife-point while her brother and his friend cowered nearby

KRISTEN THOMPSON
@METRONEWS.CA

A local DJ and former assistant to several Vancouver councillors has been arrested and charged in connection with sexual assaults against four girls — including a six-year-old.

Ibata Noric Hexamer, 42, was arrested last week and appeared in Vancouver court yesterday morning on 23 charges dating back to 1995.

According to Det. Dan Murphy, lead investigator in the case, the investigation began in 2009 when DNA evidence linked an assault on a six-year-old Surrey girl to similar attacks in 2007 and 1995.

"At (that) point we realized ... this was a serial child sex predator, and that he was at-large and free to reoffend at will," Murphy said.

"Predatory, stranger attacks are extremely difficult because there are no known ties between the victim and attacker."

Murphy said hundreds of witnesses and persons-of-interest were interviewed, and "tireless" investigators narrowed the field down to one suspect.

"This arrest marks the culmination of 18 months of hard work by countless investigators," he said.

"This is the highlight of our policing careers. This type of thing is why we become police officers — to take dangerous offenders off (the streets)."

MORE COVERAGE, PAGE 3

▶ Ibata Hexamer

death linked

Police stepping up presence after bullets fly {page 4}

When parents want grandkids

How to swallow not-so-subtle hints this holiday {page 24}

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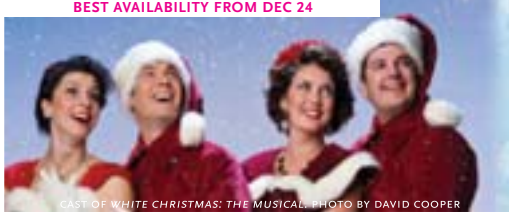

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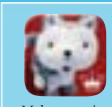

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Pit. Crew

▶ Stephen McLure, of Metro Vancouver, sits in the sinkhole on Southeast Marine Drive, west of Fraser Street, yesterday.

JENNIFER GAUTHIER/FOR METRO

Mysterious hole in street wreaks havoc

The busy arterial route will be closed for at least a week as crews work to repair a sewer line, a water main and a natural-gas line — all of which were damaged by the sinkhole. The pit, which is more than nine metres wide and six metres deep, opened Sunday sometime after noon. Its cause remains under investigation.

Suspect worked for councillors

Hexamer charged with 23 offences against 6 victims ◗ Suspect arrested Friday after massive investigation involving multiple forces ◗ Hexamer looked 'defeated' upon arrest: Police

KRISTEN THOMPSON
@METRONEWS.CA

A Vancouver man accused of sexually assaulting several young girls at knifepoint is a fine arts graduate from the University of B.C. and served as a political organizer for COPE.

Ibata Hexamer, 42, has been charged with attacking four girls — one as young as six — over a 15-year span.

Hexamer worked as a personal assistant to councillors Ellen Woodsworth, Tim Stevenson, Fred Bass and Tim Louis, according to a cached page on COPE's website.

"I'm outraged at whoever committed these unspeakable acts," Louis told Metro. "If it was (Hexamer) — we won't know, of course, until a conviction — but if it was him I'm outraged at him personally."

Louis said he hired Hexamer as an assistant between 2002 and 2005.

He said he wouldn't discuss what Hexamer was like in his professional relationship because he didn't want it misconstrued.

"I have just incredible compassion for the poor victims," Louis said, "I'm very, very sorry for (them)."

According to the cached page, Hexamer was hired as a political organizer in 2005 and helped the organization in that November's civic election.

He also worked on the 2005-2006 federal election campaign for the NDP's Svend Robinson in Vancouver Centre.

According to the COPE website, Hexamer also runs rhythmnation.ca, an event production and DJ company based out of south Vancouver.

1 news

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What can investors expect in 2011? Kindness, says Allan Small. More at metronews.ca

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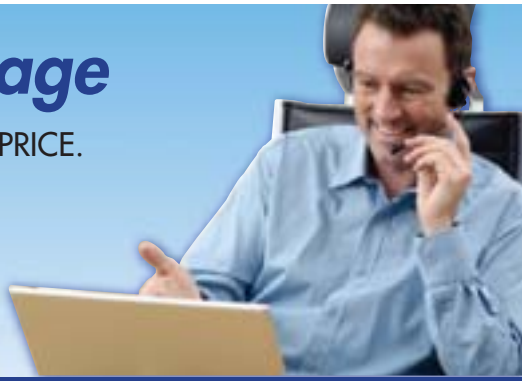

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News in brief

Surrey votes on $53M plan

PROGRAM. The City of Surrey was voting last night on its five-year financial plan, which included funding for a series of large-scale capital projects like the City Centre Library. The city was looking to borrow almost $53 million for a "Build Surrey" program to finance the projects over the next 10 years.

JENNIFER GAUTHIER

Need more info on HST?

PROVINCE. A survey conducted for the provincial HST Information Office found 47 per cent of those asked don't believe they have enough information to make an informed choice about the tax. Fifty-five per cent of those polled believe the tax will hurt the economy, while 31 per cent think it will help. Many people are confused about what the tax covers and what it doesn't.

Inquest into police shooting

BOYD. A coroner's Inquest began yesterday into the death of Paul Boyd, a bipolar Vancouver man who was shot eight times by police in August 2007. Boyd was off his medications when he confronted officers at a West Side intersection, swinging a bicycle chain and injuring one constable before being shot.

An investigation found the officers' use of force was not excessive.

A present from Terasen Gas

REDUCTION. Company spokesman Marcus Wong says the B.C. Utilities Commission has granted permission for a rate reduction effective Jan. 1 that will translate into annual savings of $39 to $79 for residential customers.

THE CANADIAN PRESS

Shootings linked to Metrotown murder?

JENNIFER GAUTHIER/FOR METRO

▶ Mayor Gregor Robertson talks to reporters yesterday while deputy police Chief Const. Warren Lemcke looks on.

Eight men and two women targeted outside Oak Street eatery

KRISTEN THOMPSON
@METRONEWS.CA

All 10 victims who were injured in a gang shooting early Sunday morning were gang affiliates attending an invite-only birthday party, police said yesterday.

Deputy Chief Const. Warren Lemcke wouldn't say what gangs were involved, but did say the violence appears to be linked to the death of Gurmit Singh Dhak, who was shot at Metrotown in October.

There are no suspects in custody.

"We're going to step up our bar watch program and our restaurant watch program," said Lemcke. "We are not going to tolerate things like this."

"We're going to make our presence known."

VPD DEPUTY CHIEF CONST. WARREN LEMCKE

Mayor Gregor Robertson, who lives a block away from the crime, said he had a "sinking feeling" in his stomach when he heard the shots.

"Your first thought is that it's firecrackers," he said yesterday. "It's a tough thing to explain to (your) kids. When it happens in your neighbourhood it's a real shock."

Tell us what you think. Have your say online at vancouverletters @metronews.ca

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Sea lice didn't kill salmon run: Study

Biologist calls research findings 'highly political'

Sea lice have been the prime suspect for killing millions of pink salmon in B.C.'s Broughton Archipelago, but a new study appears to acquit the parasite for the near demise of an entire salmon run.

The study, done by researchers in B.C., Alaska and California, doesn't determine the cause of the pink salmon crash in 2002, but it says it wasn't sea lice.

The findings are the exact opposite of what many other researchers have suspected and the report was quickly denounced as outrageous and highly political by biologist Alexandra Morton, who's been studying sea life in the Broughton region for decades.

For this latest study, fish farms in the Broughton area, on B.C.'s mid-coast about 350 kilometres northwest of Vancouver, unlocked their vault of information for the first time and gave researchers their data.

THE CANADIAN PRESS

Whodunit?

If sea lice didn't cause the near total loss of the run, what did?

- That's the frustration, researchers said, adding they'll likely never know what happened to the run because scientists didn't analyze the fish at the time.

WikiLeaks. Pique.

▶ A supporter of WikiLeaks founder Julian Assange participates at a demonstration outside the Swedish Embassy in central London, yesterday, ahead of the hearing where Assange plans to fight Sweden's request to extradite him to face sex crimes allegations.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Assange fights sex crime extradition

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Protest. Native community

▶ A protester rallies outside Parliament Hill yesterday. Members of the Barriere Lake Algonquin First Nation and their supporters later marched to the Prime Minister's Office.

TRACEY TONG/METRO

Group protests 'puppet council'

The group from a remote Quebec aboriginal community is denouncing a move by Indian and Northern Affairs Canada to impose a band council selection process. They say the government is unhappy with the community's traditional council and their position on logging and management of natural resources.

Website seeks input on future of health care

Canadians told: 'Stand up, be vocal' System faces big challenges, such as drug costs, aging population

Canadians are being asked to write their own prescription for the future of the country's health-care system.

The Canadian Medical Association has created a website to seek opinions on questions likely to play a large role in the coming debate on health-care reform.

The current federal-provincial health accord is set to expire in 2014.

"There is going to be a lot of discussion that takes place over the next year or two and Canadians have to be heard," said Dr. Jeff Turnbull, president of the CMA. "They have to design the health-care system for their future."

Issues

The CMA website (healthcaretransformation.ca) says there are three topics up for discussion:

- **Expansion** of the Canada Health Act.
- **The definition** of value for money in health care.
- **What responsibility** Canadians should take for their own health.

The discussions will come as drug costs soar and the population continues to age, but also as federal and provincial governments continue to try to wrestle down deficits.

Conservative cabinet ministers have already sent signals that current levels of transfer payments to the the provinces aren't set in stone.

While doctors may know the complex nature of the system, it's patients who are affected by its inner workings, said Turnbull.

"It is the patient who is waiting in our emergency department, it is the patient who can't get into long-term care, it is the patient who had their surgery cancelled yet again," he said. "Those people have to stand up, be vocal."

THE CANADIAN PRESS

Graham James out on bail

Former junior hockey coach and convicted sex offender Graham James has been released on bail and is allowed to live in the Montreal area until his trial on new sexual assault charges in Winnipeg.

After two days of hearings over two weeks, James was expected in court yesterday to finalize his bail conditions. But documents indicate that a justice of the peace signed off on his release late Friday afternoon after James posted $10,000 in cash.

Former Calgary Flames forward Theo Fleury, the only one of the three new complainants who can be identified, said he wasn't surprised James had been released with no public notice.

THE CANADIAN PRESS

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Safety net has holes: Report

People forced into destitution before receiving welfare: Study Provinces urged to ease up on asset limits

It is tougher to get welfare in Canada today than during the economic downturn of the early 1990s, the National Council of Welfare says in its latest report.

That's because Ontario and most other provinces force people to drain their bank accounts and spend all of their savings before they qualify for help, says the report, released in Ottawa yesterday.

As a result, it is almost impossible for those living on welfare to get back on their feet, says the council.

Other problems include rates that fall far below any definition of poverty and welfare claw-backs that leave those who find some work no further ahead, the report notes.

TORSTAR NEWS SERVICE

Disparity

- **The highest** welfare income for an employable single person was $9,593 in Newfoundland. The lowest was $3,773 in New Brunswick.
- **Manitoba** had the most generous asset limits, allowing employable people to keep up to $4,000 per person.
- **P.E.I.** had the lowest asset limits, allowing as little as $50 for an employable person or single parent.

Haiti. Intervention

▶ Minister of Foreign Affairs Lawrence Cannon, Secretary of State Hillary Rodham Clinton and Mexican Secretary of Foreign Affairs Patricia Espinosa at the North American Foreign Ministers Meeting in Wakefield, Quebec, yesterday.

ADRIAN WYLD/THE CANADIAN PRESS

Haiti leaders get warning

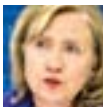
Canada and the U.S. bluntly warned Haitian leaders yesterday to get their political house in order after a week of post-election chaos that has left the impoverished country with no clear political way forward.

Iranian foreign minister gets boot

Iran's president abruptly fired his foreign minister yesterday and named the nuclear chief as acting top diplomat, the latest sign of a rift at the top levels of the Islamic theocracy as the country faces intense pressure from the West over its nuclear program.

President Mahmoud Ahmadinejad gave no explanation. But the fired diplomat, Manouchehr Mottaki, is seen as close to Supreme Leader Ayatollah Ali Khamenei.

THE ASSOCIATED PRESS



"Our relationship with Iran is not toward any one individual. It is toward the country."

U.S. SECRETARY OF STATE HILLARY RODHAM CLINTON, WHO SAID SHE DID NOT EXPECT MANOUCHEHR MOTTAKI'S DISMISSAL TO AFFECT THE NUCLEAR TALKS

Did suicide bomber act alone?

At his local mosque in England, Taimour Abdulwahab alarmed elders with his extreme views on Islam. On the Internet, he posted videos of Chechen fighters and abused Iraqi prisoners.

On Saturday, officials say, he died in a botched suicide bombing in Stockholm. Authorities are now trying to learn when he was radicalized, whether he had accomplices — and how a man whose radical views were displayed both online and in person escaped official notice.

Authorities are certain the bomber was Abdulwahab, an Iraq-born Swede who spent the past decade in Britain. THE ASSOCIATED PRESS

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HAUNTED BY HAIR SALON HORRORS

She says ...

JESSICA NAPIER

I think we've all shed a few tears over a particularly terrible haircut at some point in our lives. If you've never broken down in front of the mirror over your hair, well, I guess you're just a little more emotionally stable than the rest of us.

I'm not proud of it, but I've hosted a number of pity parties for myself in the hours following a disastrous cut and blow. And, of course, the most horrendous hair mistakes always seem to happen days before an important and highly photographed event. So bad is my history with hair care that I've gotten to the point where I no longer trust any of these power-tripping, round-brush wielding stylists.

Every salon visit seems to go a little something like this:

Me: "Just a trim please, I still want to keep the length."

Hairstylist: "Got it. You want it much shorter and with lots of layers."

Me: "No, no layers, I hate layers. Just a trim please."

Hairstylist: "All right, so I'll be cutting off about five inches and giving you 'The Rachel' from Friends circa 1994."

Clearly, none of us mere mortals stands a chance against these perfectly coiffed professionals with their confusing double-speak about feathering techniques and proper follicle maintenance.

"I can't think of any other people that I pay to make me this miserable, except maybe my dentist."

And, so, I almost always leave the salon mourning the loss of my long locks and a hard-earned $50, even more when I am guilted into purchasing an armful of pretentious shampoos and serums that I really don't need and certainly can't afford. One time I even walked away with a bloody ear after a scissor-happy stylist got a little carried away.

I can't think of any other people that I pay to make me this miserable, except maybe my dentist.

Just last week I found myself tearing up in front of the mirror while scrutinizing my latest chop; traumatized yet again by too-short-tresses and 1990s sitcom-star inspired layers. Yes, I know it's just hair and it'll grow back, but at the time it always seems so devastating.

I've had plenty of horrific hairdos (make that hair-don'ts) over the course of my 25 years. A perm, bangs, another perm ... but the most important thing I've learned is that you should never, ever get a haircut in a foreign country. Trust me when I tell you, North American women cannot pull off an edgy Euro-mullet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Worth mentioning

Want a better understanding of the world's worst nuclear disaster? Come tour the Chornobyl nuclear power plant.

Beginning next year, Ukraine plans to open up the sealed zone around the Chornobyl reactor to visitors who wish to learn more about the tragedy that occurred nearly a quarter of a century ago, the Emergency Situations Ministry said yesterday.

Chornobyl's reactor No. 4 exploded April 26, 1986, spewing radiation over a large swath of northern Europe. Hundreds of thousands of people were resettled from areas contaminated with radiation fallout in Ukraine, Belarus and Russia. Related health problems still persist.

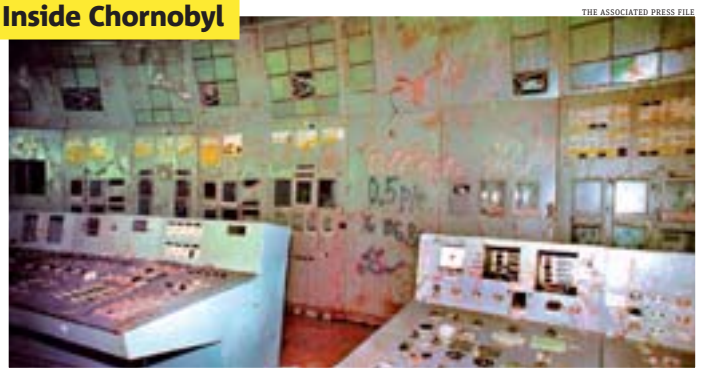
The so-called exclusion zone, a highly contaminated area within a 50-kilometre radius of the exploded reactor, was evacuated and sealed off in the aftermath of the explosion. All visits were prohibited.

A few firms now offer tours to the restricted area, but the government says those tours are illegal and their safety is not guaranteed. Emergency Situations Ministry spokeswoman Yulia Yershova said experts are developing travel routes that will be both medically safe and informative for Ukrainians, as well as foreign visitors.

THE ASSOCIATED PRESS

Inside Chornobyl

THE ASSOCIATED PRESS FILE



What's your favourite tourist destination? Why?

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Metro Minute at Heritage Christmas

Leave the hustle and bustle of the city behind and step back in time to an old-fashioned Christmas.

Burnaby Village Museum is hosting Heritage Christmas 2010. Visitors will enjoy traditional ornaments and decorations that evoke classics such as the Nutcracker Suite and more. They will also see entertainment, hands-on activities and exhibits. Children can chat with Father Christmas and enjoy a craft table.

Burnaby Village Museum is located at 6501 Deer Lake Ave. and will be open from noon to 4:30 p.m. until Jan. 2. Admission is $11.70 for adults and $5.86 for children — but is half-price on Tuesdays.

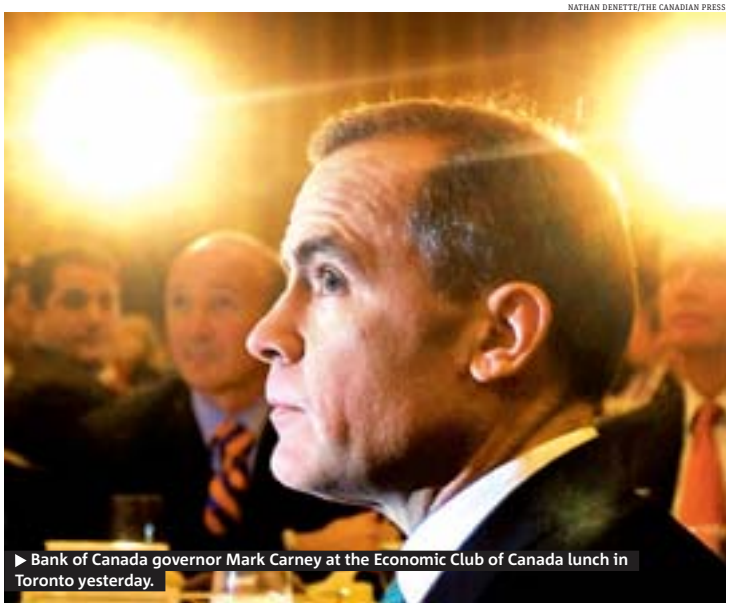
Visit burnabyvillagemuseum.ca for more info.

AYAKA KAWAI

BURNABY VILLAGE MUSEUM AND CAROUSEL

▶ The Christmas lights are up at the Burnaby Village Museum.

NATHAN DENETTE/THE CANADIAN PRESS



▶ Bank of Canada governor Mark Carney at the Economic Club of Canada lunch in Toronto yesterday.

Bank of Canada chief warns of reckoning

Mark Carney says cheap money not a long-term growth strategy Says reckoning will be swift and brutal

Bank of Canada governor Mark Carney is issuing a broad warning to Canadians, firms and governments that the financial and economic crisis is far from over and they need to rein in their appetite for cheap money.

Returning to a theme he began speaking about last week, Carney told the Economic Club in Toronto that the global recovery is so weak that advanced nations may need to keep interest rates super-low for a long period, and the U.S. may have to resort to yet another round of printing money.

40

Over a dozen countries are now accumulating reserves at double-digit annual rates. Countries representing over 40 per cent of the U.S.-dollar trade weight are now managing their currencies, or subtly manipulating them.

"(But) cheap money is not a long-term growth strategy," he warned.

"Experience suggests that prolonged periods of unusually low rates can cloud assessments of financial risks, induce a search for yield and delay balance sheet adjustments."

For Canadians, he noted with alarm that household credit has grown by seven per cent since the recession's trough, compared to a 3.5 per cent decline in the U.S., perhaps an indication that Canadians believe the easy ride on debt payments will be permanent.

THE CANADIAN PRESS

VIDEO STREAMING

Netflix adds new content

A slate of Canadian programs including CBC's The Tudors, Republic of Doyle and Kids in the Hall are headed to Netflix Canada. The video streaming website said yesterday it has signed various licensing agreements with major distributors for hundreds of new titles available to its subscribers. Other content ranges from the U.S. cable series The Big C, starring Laura Linney, to Emmy-nominated reality show Undercover Boss and seasons of Saturday Night Live. Some of the shows are already available to watch.

"TV content continues to be extremely popular with our members, and we believe that they will be delighted with the expanding list of critically acclaimed and popular TV series available to watch instantly," said Kelly Merryman, vice-president of content acquisition for Netflix.

THE CANADIAN PRESS

Market moment

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10153 King George Hwy
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2460 Commercial Dr, Unit 1
(Broadway & Commercial Skytrain Station)
568 Dunsmuir St
2390 East Hastings St
6330 Fraser St, Unit 105
1463 Kingsway Ave
3081 Main St
526 West Broadway
555 West Hastings, Unit 15 (Harbour Centre)
88 West Pender St (Tinseltown)

Tron star about to go On the Road

Best known for smaller roles in Friday Night Lights and Four Brothers, Garrett Hedlund takes centre stage in Tron: Legacy

NED EHRBAR
SCENE@METRONEWS.CA

Garrett Hedlund's schedule is getting pretty full these days, with two films — Tron: Legacy and Country Strong — hitting theatres and another, On the Road, just completed. The ever-humble Minnesota native talked with Metro about heading up a franchise, motorcycle envy and crash diets.

How does it feel stepping into the lead role here? Playing Jeff Bridges' son, you have an even bigger role than he does.

With the films I've done prior, even before I'd gotten my first role, I'd kind of formulated in my mind that if I'm an actor, all I really want to be is a piece of the puzzle, but I never wanted to be the picture of the puzzle. I always concentrated on being in films with great actors that I could learn from — how they compose themselves on and off set, you know. That really prepped me for something like this. Because I never had to be the one on set every day, all day.

The studio obviously has a franchise in mind for Tron. Are you ready to be a part of something like this ?

When I wanted to come out to L.A. to be an actor, all my other friends that were very serious about acting wanted to go to New York and wanted to be in theatre. I wanted to be in film. I didn't want to do television, I just wanted to do film. I know that within this film, and in order to appease everything that's applied and necessary, you have to be willing and able to do everything that comes along with the package.

Did you do your own motorcycle work for Tron: Legacy?

Yes. I drove a motorcycle a little bit on the farm in Minnesota growing up, just dirt bikes and stuff. But actually handling this Ducati... I mean, you could get up to 80 miles an hour in first gear, so it was kind of a dangerous machine, especially to drive un-helmeted. In a big kind of Disney production, producers aren't happy about these things.

This is a pretty big year for you, with Tron: Legacy and Country Strong. How did you manage everything?

It's been a weird line of transitions, because for two years I was prepping for On the Road, so by the time I did Tron, I'd had to start a massive amount of training. I got with the trainer and then I had to lose 30 pounds to get back into the suit. It was just so chaotic. It's been such a multiple-personality-disordered year. I don't know if that makes sense.

DAN STEINBERG/THE ASSOCIATED PRESS

▶ Actor Garrett Hedlund arrives at the premiere of the feature film Tron: Legacy in Los Angeles on Saturday.

2 scene

News in brief

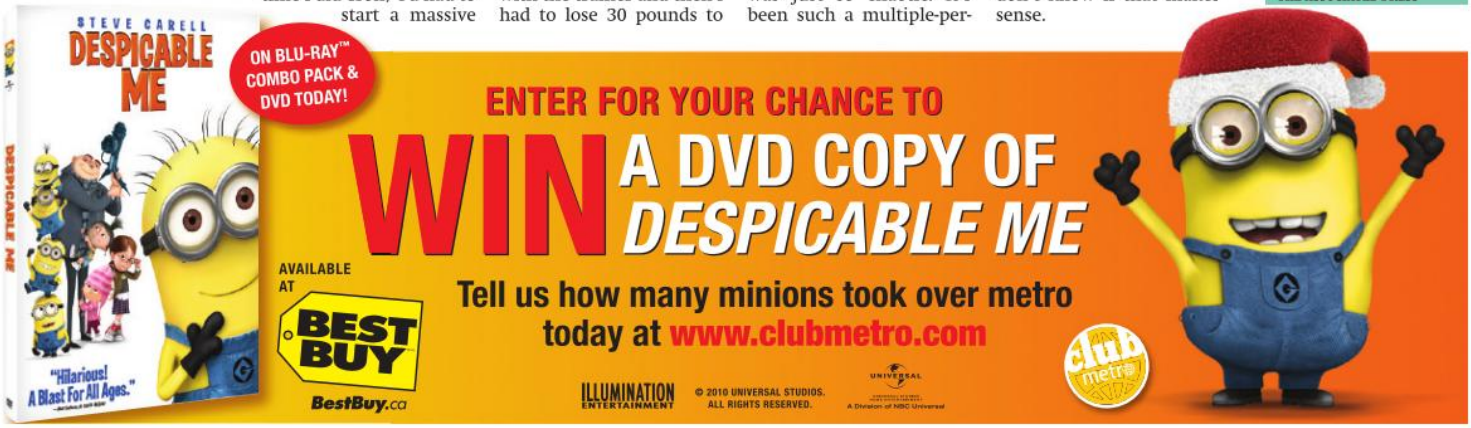
British actress and model Elizabeth Hurley says she has separated from her husband, Arun Nayar, of three years.

Hurley's announcement on her Twitter account comes amid reports in British tabloids linking her romantically to Australian cricket star Shane Warne. Warne confirmed he has also split from his wife.

"Not a great day," Hurley, 45, tweeted Sunday. "For the record, my husband Arun & I separated a few months ago."

The couple married in 2007 at a castle outside of London. They followed up the private civil ceremony with a lavish and traditional Hindi wedding in Jodphur, India.

THE ASSOCIATED PRESS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Cyrus breaks rom-com clichés

Cyrus
(Fox Searchlight)
●●●½

The most sincere moment in any movie you are likely to see this year comes in the twitch of an angry neck vein. It's the involuntary reaction of John C. Reilly's put-upon character John, as he suddenly realizes diplomacy is getting him nowhere. His massive mitts are near the neck of his tormenter Cyrus (Jonah Hill), the 21-year-old son of John's new girlfriend Molly (Marisa Tomei).

Cyrus has mommy issues. He still lives at home — dad is long gone — and he's not happy about another man entering Molly's life. He understands that he's difficult to get close to ("I get overly excited sometimes") but he can't help himself. Neither can John, who also operates on self-destructive instincts. He recognizes a lot of Cyrus in himself.

▶ John C. Reilly, left, and Jonah Hill in Cyrus.

This latest minimalist study in maximum emotions comes from talented brothers Mark and Jay Duplass. It finds truth in those moments between spoken words, when the flick of an eyelid, the pulse of a vein or the purse of the lips betray things that might otherwise not be stated.

This could be a horror or suspense movie, and in some ways, it is — the soundtrack often takes on the rapid-pulse aspects of a thriller. Cyrus obviously has emotional and possibly mental issues, but they're not clearly defined. There's no telling what he's prepared to do to keep mommy to himself.

No necks were harmed in the making of Cyrus, but many tired relationship clichés were.

Extras include deleted scenes, a Q&A with the Duplass bros and a music mash-up with Reilly and Hill.

PETER HOWELL

Remake earns an 'A' for action

The A-Team
(20th Century Fox)
●●●

Acting like a cartoon is the whole point of The A-Team and also the main appeal of this adapted '80s TV actioner, which is actually smarter than it needs to be. In this case, gratefully, "dumb" isn't a synonym for "idiotic."

Director Joe Carnahan remains true to A-Team lore: a quartet of ex-military aces, benevolent brutes, all band together to right wrongs and settle scores anywhere in the world, shedding only the blood permitted by the U.S. PG-13 rating.

▶ Bradley Cooper, left, and Liam Neeson in The A-Team.

Liam Neeson takes last year's Taken to its logical next level by marching into George Peppard's role of Col. Hannibal Smith, a cigar-chomping square jaw with fatherly mien and boyish enthusiasm. Bradley Cooper, Sharlto Copley and Quinton "Rampage" Jackson complete these amusing 'B' versions of the original 'A's. I pity the fool who fails to share the popcorn. Extras, mostly on the Blu-ray, include director's commentary, a highlights mash-up and deleted and extended scenes.

PETER HOWELL

Ferrell's buddy cop comedy falls flat

The Other Guys
(Sony Pictures)
●●

The abiding philosophy of funnyman Will Ferrell and his directorial accomplice Adam McKay is that any joke worth cracking is worth pounding into the pavement.

The Other Guys, a buddy-cop comedy pairing Ferrell with Mark Wahlberg, takes this nag-flailing fault to extremes. We get infinite variations of sexist and homophobic humour involving a dumb cop (Wahlberg) and a really dumb cop (Ferrell).

Michael Keaton's stiff-necked police captain and Steve Coogan's scheming Wall Streeter might also have worked better, had the script offered them anything more than simply mugging for the camera.

Eva Mendes manages to escape the satirical shackles in her role as Ferrell's long-suffering wife. She provides the inspired lunacy missing from most of the picture, especially in a scene where she deadpans sings Pimps Don't Cry to her depressed hubby.

Extras, mainly on the DVD, include deleted and extended scenes and numerous gag featurettes.

PETER HOWELL

Posthumous Jackson CD courting controversy

New release by the King of Pop was made from work in progress at the time of his death Some support the venture, but Black Eyed Peas' will.i.am calls it 'disrespectful' Will album help or hurt his legacy?

Arriving in stores tomorrow, a year and a half after his death, is Michael Jackson's first posthumous album Michael.

A lineup of guests like Lenny Kravitz, Akon and 50 Cent, along with superstar producers such as Teddy Riley and Tricky Stewart, have all been tapped to contribute to the 10-song CD. But even with that healthy dose of star power, can a Michael Jackson album be good without the star of the show?

A work in progress at the time of the superstar's death, the project has not been without controversy.

Overseen by the Jackson estate, Michael takes tracks that were in various stages of completion and puts them in the hands of Jackson's collaborators to finish. Black Eyed Peas frontman will.i.am feels that finishing the project without Jackson is "disrespectful."

A Michael Jackson album without his input could be a disaster for his legions of fans that are eagerly awaiting the CD, especially since the master was known for his attention to detail. But there are some who are optimistic.

"It's not like they found a bunch of old records and decided to put out an album to make money. These are songs he was involved with," explains Pup Dawg, the music director at JAMN 94.5, a popular radio station in Boston, Mass.

The real question will be, Does it live up to Jackson's other work?

Some within the industry are still skeptical, but many fans are not likely to care as their curiosity will drive them to the store. To those fans, A troubled Michael Jackson album is better than none at all.

"The song with Lenny Kravitz is a Michael record. That just feels like a Michael Jackson record," says Geespin, assistant program director for New York's Power 105.1 radio station.

"Truth is, I'd rather hear music from the biggest and best artists than not hear it. It's still Michael. It's still the biggest artist of all time. Would you rather not hear it?"

METRO WORLD NEWS

Friends lending a hand

Michael Jackson's new CD Michael features a slew of guest stars, including:

Akon
Their duet, Hold My Hand, was the first single to debut. After will.i.am complained about the song's release, Akon told the press, "These records would have come out whether he was alive or dead."

50 Cent
It's hard to imagine Jackson and 50 Cent hanging out, but apparently, they had a connection: According to 50 Cent rival The Game, Michael called him once in hopes of ending the feud by recording a three-way track.

Lenny Kravitz
"I know he stood behind it," Kravitz has said of his duet, (I Can't Make It) Another Day.

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Black Keys are heading south

Fast-rising Ohio duo taking their brand of blistering blues-rock to Nashville Band up for six Grammy awards

It's been a tough year for Ohio. First The Buckeye State lost Lebron James.

Now The Black Keys have headed south, too, leaving Akron for the Music City, where singer-guitarist Dan Auerbach and drummer Patrick Carney recently bought homes.

The duo considered a short list of finalists before settling on Nashville.

"Honestly, if Miami had given Pat and I the amount of money they gave Lebron, we would be living in Miami right now," Auerbach joked.

Like Akron native James' eventual decision to leave the Cleveland Cavaliers, where Auerbach and Carney landed was a subject of media scrutiny over the summer with magazine writers and bloggers speculating over the possibilities.

Why the buzz? Nashville is best known as the heart of country music, but The Black Keys' arrival gives the city quite the rock resumé these days that boosters are cheering over.

"That's new for us. We sort of used to get that ... indie record store clerk vote, you know what I mean?"
DAN AUERBACH, ON THE GROUP'S UNIVERSAL ACCLAIM

Nashville hosts Jack White's Third Man Records. Kings of Leon started its trek to arena-filling stardom here. And the Keys arrive just as the band is reaching a peak in popularity that has them front and centre in the music world.

Auerbach and Carney just received six Grammy nominations — tied for third most among all nominees behind Eminem (10) and Bruno Mars (seven). Their song Tighten Up is No. 1 on Billboard's Rock chart and they are the critics' darlings as the early year-end best lists are released.

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Dan Auerbach of The Black Keys performs at the 2011 Bonnaroo Music and Arts Festival in Manchester, Tenn.

The band's sixth album, Brothers, recorded in Muscle Shoals, Ala., was considered among the year's best. Rolling Stone placed it second on its 2010 list, Amazon ranked it third, Time seventh and NPR hailed it as well.

Auerbach was familiar with Nashville after frequent childhood visits with his father, an antique dealer, and found it had everything he was looking for — a family atmosphere in which to raise his daughter, and music that served as the soundtrack for his childhood.

"Every time I'd go I'd see some guitar player that would blow my mind," Auerbach said.

Auerbach has almost completed a new studio he modeled after "the old classic rooms, the old rooms that I love."

Like White's thriving operation, Auerbach's studio will become a nucleus around which other acts will circle. Auerbach is a busy producer and he says he'll also lend the space to friends for their own projects. "I think just moving there and building a studio is investing. It certainly feels that way, you know," Auerbach said. "And I've got a lot of friends in the community. I know that I'm going to be doing a lot of business there, making a lot of music there."

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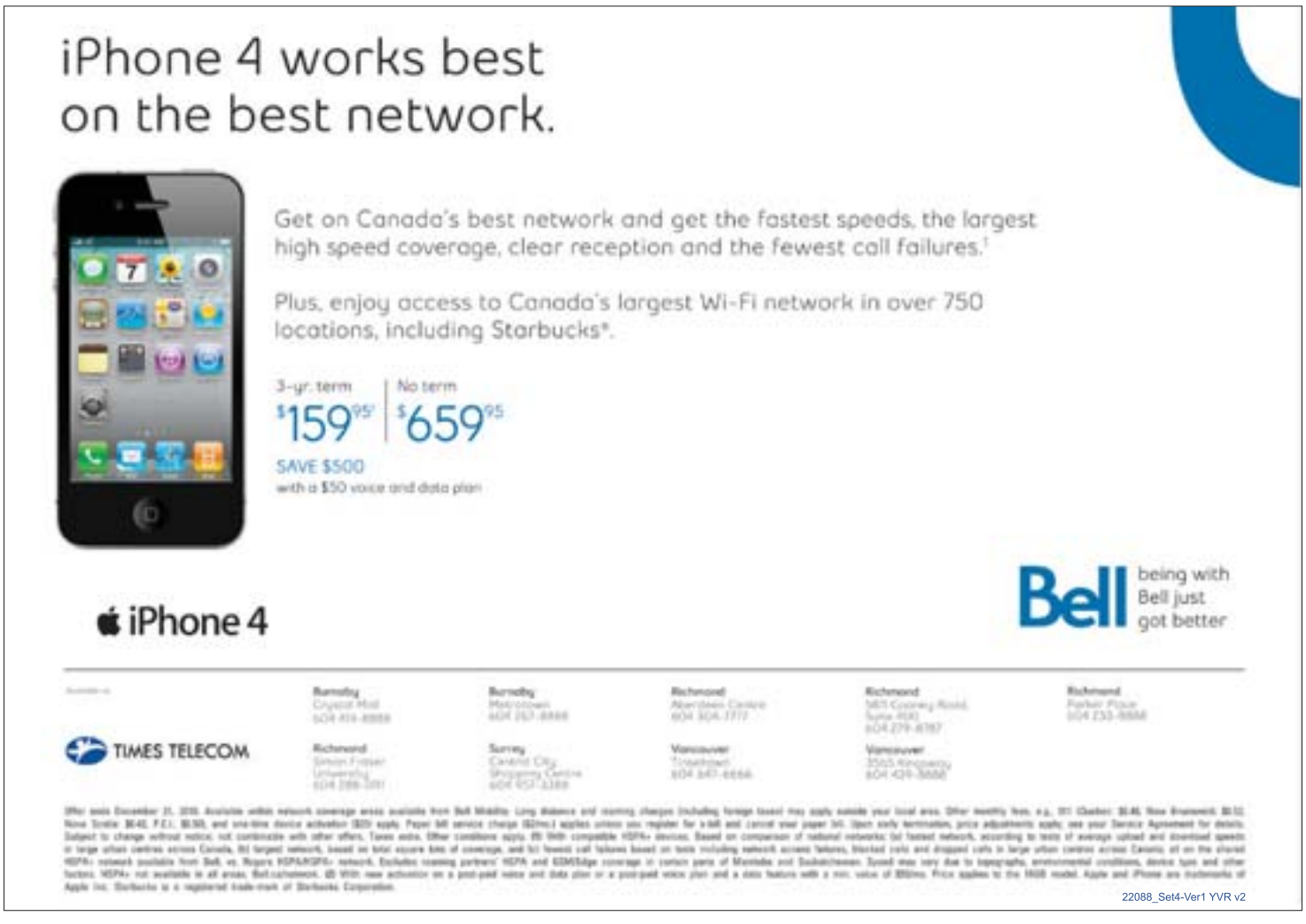
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Celebrity tweets

Elizabeth Hurley [@Elizabeth Hurley] Not a great day. For the record, my husband Arun & I separated a few months ago. Our close family & friends were aware of this.

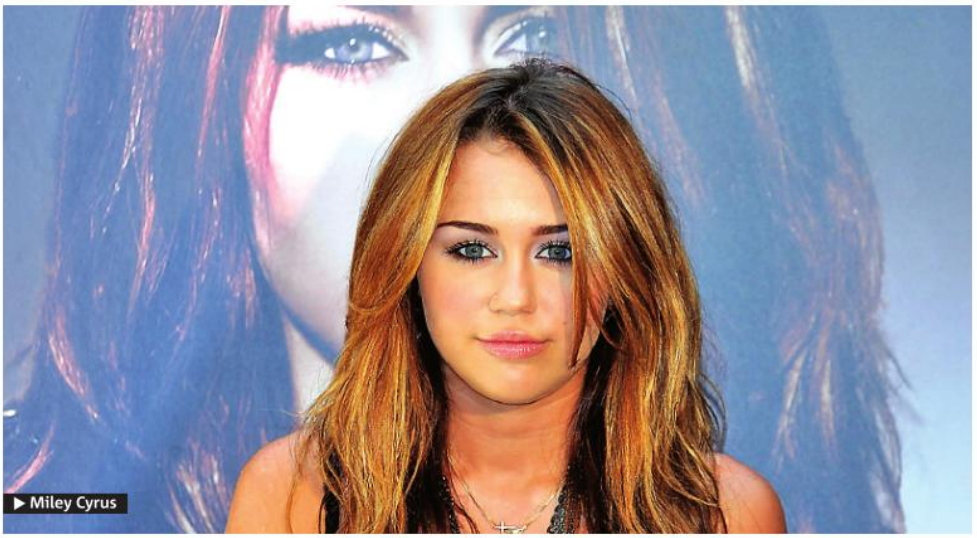
Billy Ray Cyrus [@billyray cyrus] Sorry guys. I had no idea. Just saw this stuff for the first time myself. Im so sad. There is much beyond my control right now.

Conan O'Brien [@Conan OBrien] I am almost at 2 million Twitter followers! I am going to tell my grandkids about this — right after I explain to them what "Twitter" was.

Andy Roddick [@andy roddick] im about to make THE DECISION of the morning... i think i'm gonna take my talents to Coffee Bean

Miley's leaked video sparks salvia sales

Video shot at L.A. house party allegedly shows Cyrus taking bong hits



▶ Miley Cyrus

While the recent leaked video of Miley Cyrus smoking the salvia, which is legal in California, may prove to have consequences for her career, it's doing wonders for sales of the psychedelic herb, according to TMZ.

Sales of salvia have tripled since the video's release late last week, according to the website, which polled several Los Angeles head shops.

Costumers have been asking for "the stuff Miley was smoking," one shop worker says.

"Salvia is one of those things that you only try once because it is so intense." METRO

Bieber only has eyes for pancakes, Gomez insists

Selena Gomez is batting off rumors that a recent breakfast date with Justin Bieber in Philadelphia was anything serious.

"It was pancakes. Who doesn't like pancakes?" the Wizards of Waverly Place actress tells MTV News.

"We were both performing in the same place so we went and had pancakes together. That's all it is. All innocent."

Snack dates?

- People Magazine reported in November that the duo were seen grabbing frozen yogurt in Encino, Calif., and were spotted holding hands as they left.

The two were photographed leaving the International House of Pancakes restaurant, walking arm-in-arm. METRO

▶ Selena Gomez

Did Handler ding Jolie at the box office?

THE ASSOCIATED PRESS

▶ Chelsea Handler

Angelina Jolie's new movie, The Tourist, opened to lower-than-expected box office receipts, and some industry sources suggest Chelsea Handler's recent anti-Jolie tirade may have something to do with it.

"It's not that Chelsea is the most powerful movie critic the world has ever known, it's that she reminded all of America what Angelina had done all over again," an unnamed executive tells Popeater.

"Chelsea picked an ugly scab off a wound that Angelina had worked so hard to heal with her humanitarian work. What woman in America is going to pay money to see Angelina ruin one man's life on screen when we all saw her [ruin Jennifer Aniston's marriage] for free in real life?" METRO

Chris Rock handy in an emergency situation

One Chris Rock fan got quite the special treatment when her water broke at a New Jersey mall while the comic actor was close by, according to Us Weekly. Witnesses say Rock told jokes to keep the woman and bystanders calm until paramedics arrived.

"He was making the crowd and the woman in labour laugh," a source says. "She recognized who he was immediately, and he stayed there until the paramedics took her away." METRO

THE ASSOCIATED PRESS

▶ Chris Rock

Lohan's still not laughing at Glee's rehab jabs

While Gwyneth Paltrow's guest spot on Glee may have aired a month ago, Lindsay Lohan is still reportedly smarting over the jokes Paltrow made on the show at the troubled starlet's expense, according to Radar Online.

"She called me and was upset and said, 'Why did [Gwyneth] have to do that?'" Lindsay's mom, Dina Lohan, tells the website.

"Gwyneth went overboard and it was unnecessary. Lindsay thought she was a friend and it was disappointing. It was hurtful and not funny." METRO

En Español

- In her guest turn on Glee, Paltrow played a Spanish substitute teacher who asks her class: "Lindsay Lohan is totally crazy, right? How many times has Lindsay Lohan been to rehab? ...Five. Five times."
- Paltrow's character, Holly Holiday, will appear in one more episode of the hit musical TV show, the actress recently told Access Hollywood.

Cage starts paying off $14M in outstanding back taxes

Nicolas Cage's finances are slowly on the road to recovery after he was hit last year with an IRS bill total close to $14 million in unpaid taxes and fees.

Cage had previously blamed his former business manager, Samuel Levin, for getting him into so much trouble .Levin later countersued, and that dispute was settled in August. METRO

$360,545

So far, the actor has made three payments totalling $360,545 of the back taxes he owes from 2002 to 2004 and 2007, according to TMZ.

3 life

Send holiday stress down the chimney

Clinical psychologist identifies reasons why Christmas season can cause headaches Study shows holiday linked to heart attacks

CELIA MILNE
WELLNESS@METRONEWS.CA

As the Christmas carol goes, "You'd better not cry."

But if you feel like it, you wouldn't be alone.

Christmas and New Year's can be a stressful and even a sad time of year for some people. "The holidays are a time that can be very joyful, with celebrations, good food and time spent with family. But they can also be very stressful because of numerous demands placed on people," says Katy Kamkar, a clinical psychologist in Toronto.

Metro asked Kamkar, who is acting treatment head of the Work, Stress and Health Program at the Centre for Addiction and Mental Health, to explain why the holidays can be a downer for some people.

• Social stress

Some people find the social obligations overwhelming and exhausting. Tensions can build at family gatherings.

• Negative connotations

If this is the time of year when a loved-one died or something upsetting happened, you may be feel sad or lonely.

• Financial pressure

The holidays are expensive. Knowing you're going deeper into debt makes you feel distressed.

• Travel tensions

Delays and bad weather can cause anxiety and worry.

• Perfectionism

Trying to make the perfect meal, get the perfect gift, and have the perfect home decor contributes to even more stress.

• Bad health

If you already suffer from stress, depression or anxiety, the holiday season can often add to those feelings.

• Anxiety

For some, going to crowded places like the mall can increase symptoms of stress.

• Addiction

People who are trying to abstain from alcohol or other addictions may have a harder time during the holidays.

• Overindulgence

People tend to neglect nutrition and exercise goals, which takes a physical toll.

Stress

Holidays a trigger for heart attacks?

Triggers Along with blizzards, earthquakes, job strain, violence, sexual activity, smoking, using cocaine and air pollution, this time of year has been identified as one of the clinical triggers of myocardial infarction, according to an August 2010 paper by Utah researchers, published in Hospital Practice

Stress

Common signs of stress, says Katy Kamkar, a clinical psychologist in Toronto, include irritability, difficulty concentrating, becoming more anxious or negative, headaches, stomach problems, difficulty sleeping and feeling overwhelmed. If this holiday season is stressing you out, take a step back and re-assess. Seek support if you have feelings of depression and anxiety. And giving tasks your full attention (even last-minute ones) will help you enjoy them more.

CELIA MILNE

ISTOCK PHOTO

▶ For some, Christmas is not always the most wonderful time of year.

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Wellness in brief

Bike Mount (iPhone 4)

Thanks to urban cycling company Biologic, we can now take our iPhones out for a ride. The Bike Mount for iPhone 4 makes an excellent cycle computer, allowing you to use mapping and cycling apps as you get from point A to B. The fully enclosed hard case makes sure your favourite gadget won't get damaged. Just make sure to watch where you're riding and don't get hit by a car while Facebooking.

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The Nordic super diet

Sweden is considered one of the world's healthiest nations, but you may be surprised by one food group they love.

Harley Pasternak, a personal trainer to celebrities including Lady Gaga, says Swedes swear by dairy because it's a great source of protein, vitamin C and D. Dairy is often considered a fattening option and yet "dairy also has high amounts of calcium, helping with fat metabolism."

Choose milk and yogurt that is two per cent fat.

The Swedish diet also consists of lots of heart-healthy fish, such as salmon and herring. They favour high-fibre, dark and dense breads and, instead of using two slices for a sandwich, they make open-faced versions using only one slice.

What makes their diet distinct?

"In Sweden they practice Lagom, which means 'just enough'" explains Pasternak. People will eat until their stomach is satisfied, not until they are full, an eating habit similar to that of the Japanese.

FIND OUT MORE AT 5FACTOR.COM

Thoughts on... Belief

ADVICE There is a big difference between choosing to give and choosing to make sacrifices.

Giving from a full heart feels good and satisfying.

Sacrificing does not.

Don't confuse the two — they are in opposition.

One is about abundance and the other is about lack.

Sacrifice will eventually lead to resentment.

Giving from an abundant heart will lead to even more abundance in life.

In any situation ask yourself, Are you giving from your heart or are you sacrificing?

You can feel the difference.

Choose to feel good.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & IS A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Accent ham with fine wine

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Odds are, if you're not inviting Tom Turkey to your holiday dinner table this year, you'll be tucking into a feast of ham.

Like the big bird, the typical Christmas version of ham (glazed, fruit accented and mildly salty) is surprisingly wine friendly.

This isn't a meal to pop the cork (or unscrew the cap) of a big-boned Cabernet sauvignon or shiraz. If you're leaning to the red side, pick a fresh, fruity French Beaujolais or berry-forward pinot noir from France, Canada or California.

Robert Mondavi's 2008 Private Selection Pinot Noir ($18.99 to $19.99) hails from The Golden State and nicely bridges the Old and New World by swirling a touch of syrah and petite syrah into the blend. The mix gives the wine a little more oomph to go along with its deep, freshly crushed berry flavours.

On the white side, try a German made with riesling or (if you like the idea of a touch of peppery goodness) gewürztraminer or an unoaked chardonnay from just about anywhere. For an out of the box pairing reach for a dry rosé.

Next week, I'll show you wines to match with some alternative holiday mains.

Kitchen creativity

Poet and civil rights activist Maya Angelou applies her expressiveness to savoury dishes

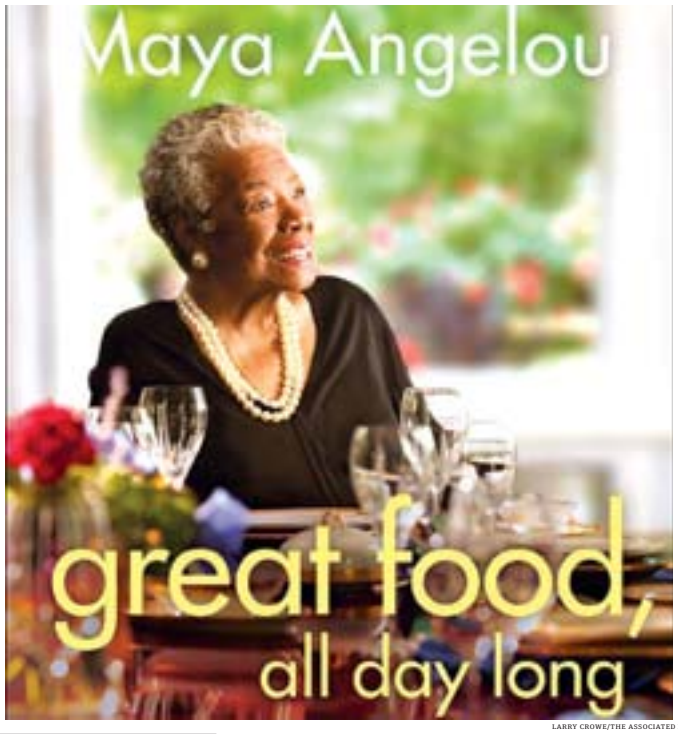
For Maya Angelou, the holidays bring family and friends to the table to eat, to laugh and to one-up each other.

"This is a time when people get to 'show out,' as my grandmother used to say," says Angelou, a poet, memoirist and civil rights icon.

"Moe is going to try to out-cook Joe. It becomes amusing and delightful."

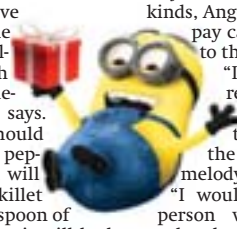
Angelou, whose second cookbook, Great Food, All Day Long (Random House, 2010), features holiday-worthy dishes such as crown roast and prime rib, helped a generation understand why caged birds sing. But how about making perfect veal chops?

"I'm a cook, a serious cook," she says. "I plan meals not only for their nutritional value but for their beauty. I plan them around who's going to eat them and when."



LARRY CROWE/THE ASSOCIATED PRESS

Which makes Angelou's cooking very much like her writing. The 82-year-old Pulitzer winner approaches the kitchen with the same respect for ingredients that she gives her words.



"You have to examine and be familiar with every element," she says. "So you should know a red pepper, what it will do in a skillet with a tablespoon of olive oil, how it will look. How if you give more heat what will happen to it."

Despite a fractured childhood shuttling between the families of her estranged parents, Angelou learned to cook much the way everyone wishes — at her grandmother's knee.

"She would say, 'Now sit down and watch me,'" Angelou says. "I loved her so much that I followed her around."

When Angelou lived with her mother as a teenager, she watched again, learning shortcuts like making shortcake with store-bought cake mix, a luxury her grandmother in rural Arkansas didn't have.

"My grandmother didn't know anything about that," says Angelou. "I learned both ways."

Cooking can be a gateway to creativity of all kinds, Angelou says, if you pay careful attention to the craft.

"I ask folks to read poetry, to read it aloud, so they can hear the music, the melody of it," she says. "I would encourage a person who wants to cook to buy cookbooks."

Angelou estimates her own cookbook collection at somewhere around 300 volumes.

And at this time of year, she says, cooking for others takes on a deeper meaning. "When a person cooks for me, I like to think of the cooking itself as a gift," she says. "I'm always glad and really so grateful to anyone who cooks for me. And I love to cook for others."

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▶ This crown roast of pork is a perfect addition to any holiday table.

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Crown Roast of Pork

Preparation:

1. Start to finish: 4 hours (1 hour active). Heat oven to 190 C (375 F).
2. In a large skillet over low, heat butter.
3. Add apples and prunes and saute for 3 minutes. Remove skillet from heat and set prunes aside in a separate dish. Let cool.
4. In a small bowl, mix together garlic, thyme, oregano, salt, pepper and olive oil to form a paste. Rub paste into meat.
5. Place meat in a shallow roasting pan and roast for 30 minutes.
6. Reduce oven temperature to 160 C (325 F) and roast for another 2 to 3 hours.
7. Remove roast from oven once internal temperature reads 63 C (145 F) on an instant thermometer. Place a prune on the end of each rib and return meat to oven for 20 minutes.
8. Remove meat from oven. To serve, transfer cooled apples into centre of the crown roast.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) butter
- 3 apples, peeled, cored and cut into large dice
- 8 pitted prunes
- 5 ml (1 tsp) granulated garlic
- 5 ml (1 tsp) dried thyme
- 5 ml (1 tsp) dried oregano
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 22 ml (1 1/2 tbsp) olive oil
- 3.5 kg (8 lbs) pork ribs (have butcher fashion into crown roast)

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CONNECTED FOR LIFE

**Names: Brett, 27
Cindy, 35**

**Current city:
Barrie, Ont.**

**Together since:
2007**

Their story:

"When I (Cindy) turned 30, I decided it was time to challenge myself...

I'd been teaching in the same school for seven years so I applied for an exchange in Australia.

The school year began with a staff meeting. One of my new teacher friends introduced me to everyone — including Brett.

"Cindy, this is Brett," she said. When I looked up, my heart started dancing. I managed to politely shake his hand, while yelling at myself in my head—it went something like this:

"Cindy, you cannot fall for the first guy you meet in Australia. Stop right now. You are not here to meet men; you are here to have an adventure. Control yourself!"

When I left for Australia, my mom gave me just one rule: Don't fall in love with an Aussie! So I kind of avoided Brett. Then one day (nine months later!) he boasted that he was the best at Connect Four. I disagreed!

He invited me over for a Connect Four championship. That night, he beat me at four games.

I lost the games, but won the boy! Sorry mom, I couldn't help it! Fast forward three years and we're splitting our time together between our two countries. We have 'we'll make it work' attitudes — and we will!"

▶ Brett and Cindy

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM
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WHEN PARENTS PLEAD FOR GRANDKIDS

My husband and I are newly married and both just starting our careers. But we're being pressured by our parents to have kids. How do we (politely) tell them that's not in the cards right now?

Angela says...

This is one of the worst offences a parent can make in my book. Having children is a personal choice. The decision is between you and your partner.

If the badgering really bothers you, set boundaries. The only way to make them stop is to build up your nerve and speak up. Tell them you realize they want to be grandparents, but to please respect your space and remind them that they'll be the first to know when and if you and your husband are expecting.

Derek says...

You should resign yourself to the fact that the occasional annoying comment from a family member is unavoidable. Best if you come to terms with the fact that they will never stop asking until you squeeze out that first grandkid. Even then, it won't end until you have at least two. And who can blame them? They aren't getting any younger; chances are their own careers and responsibilities are winding down, and they're looking for a new distraction. The best revenge would be to have four or more children so the giddy grandparents exhaust their savings, spoiling them with clothes and toys. Dump the brood off every weekend to terrorize said grandparents, so you and hubby can have alone time. Then they'll really regret hounding you.

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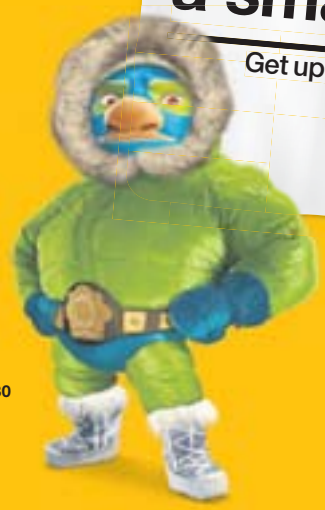

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Kids and money

Bringing up a millionaire

- ...Or, at least, a child that will not end up neck-deep in credit card debt
- It pays off to start teaching kids about money as early as in kindergarten.

DANIEL DENISIUK
MIA KORAB

Currently, 93 per cent of parents with teenage kids in the developed world worry that their offspring will overspend, accumulate debt or simply fail to save up for emergencies.

What parents don't teach their kids

81% haven't taught their teens how to invest money.

80% don't involve kids in major spending decisions.

80% never worked out a back-to-school budget.

76% don't explain money management regularly.

71% never explained how credit card fees work.

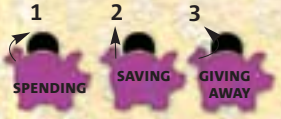
71% never taught credit card management.

72% of kids who learned about saving money tend to save regularly.

Parents should have started teaching their kids personal finance way earlier.
The crux of money management: Part of it is knowledge, part of it is habit. The best time to establish good habits in kids is during preschool. If we wait until high school, it will be harder to start a new habit, says Laura Levine, the executive director of Jump$tart Coalition for Personal Financial Literacy.

4 years is old enough

Sharon Lechter of Pay Your Family First suggests to start teaching kids about finances at age four or five. Only then they will recognize the difference between a $5 and $20 bill. A good way to begin with is three piggy banks:



If they receive an allowance, it should be in denominations that encourage saving, easily split between three piggy banks. Introduce the subject of money, but at a very basic level – like saving for the future, being careful with money. They will retain it for the rest of their lives, says Levine.

Wants and needs

Kids should realize the difference between things they need and things they want. If they want something twice more expensive because of the specific brand, let them pay for the difference in price. Or make them earn it – that is what Neale S. Godfrey of Children's Financial Network recommends.

Kids, teens and young adults know how to charge a purchase on a card. But do they know how to pay the bill?

Every second college student has more than four credit cards.

82% consider themselves "in bad financial health."

Average debt of a freshman in the last four years rose by

251%

74% is by how much median debt of undergraduate students rose in the last four years.

$3,173 Average credit card debt of an undergraduate student in the U.S.

$939 Average credit card debt while entering university in the U.S.

SOURCES: MAKING THE CASE FOR FINANCIAL LITERACY– 2010, WWW.JUMPSTART.ORG; , CAPITAL ONE'S ANNUAL SURVEY;CHARLES SCHWAB'S 2008 "PARENTS & MONEY" AND 2009 YOUNG ADULTS & MONEY SURVEY; SALLIE MAE'S 2008 SURVEY OF UNDERGRADUATE STUDENTS.

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ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Protect yourself against fraud during the holidays

Do your debit and credit cards seem to spend more time out of your wallet than in it?

Be extra careful during the holidays, because fraudsters are watching.

When shopping, always protect your PIN and keep your card in sight to prevent "skimming" — when fraudsters swipe your card to record information from the magnetic strip. Recognizing fraudulent behaviour is the best way to reduce the risk.

NEWSCANADA

'Tis the season to donate

The holidays are a traditional time of giving for many Canadians. If you are planning to make a donation to charity, the Canada Revenue Agency (CRA) would like to remind you to donate wisely.

Be sure to confirm that the organization is a Canadian registered charity.

If you would like an official donation receipt, remember that donations have to be made to Canadian registered charities or other qualified donees in order to claim a tax credit. To confirm that an organization is a Canadian registered charity, go to the CRA Charities Listings at www.cra.gc.ca/donors.

NEWSCANADA

4 sports

Favre's streak comes to end

After starting 297 games in a row, quarterback was unable answer the bell last night One-day delay was not enough time to get healthy

RICK STEWART/GETTY IMAGES

Brett Favre in 1992, near the beginning of his 297-game streak of consecutive starts.

No more, Brett.

After 297 consecutive starts over 19 seasons, one of the greatest individual streaks in all of sports, Brett Favre ran into an injury he couldn't beat and sat down.

The 41-year-old Vikings quarterback who fought through broken bones, aches, pains and personal grief to play week after week couldn't make it for the Minnesota Vikings last night. Favre was sidelined by a throwing shoulder too damaged for even him to overcome.

Jeff Anderson, a Vikings spokesman, announced to the public on Twitter that Favre was out: "Vikings Inactives — 12, 19, 25, 31, 76, 90, 91 ... and 4. The streak ends ..."

205
Consecutive starts by Peyton Manning, the new longest active streak. The Colts QB would need another 5½ years to surpass Brett Favre.

The Vikings hoped Favre, who has started despite a broken foot and elbow tendinitis this season, could do it again when the game against the New York Giants was delayed from Sunday after the Metrodome roof collapsed. That forced the game to be moved to Detroit's Ford Field, but it was not enough time for Favre to get healthy enough to play.

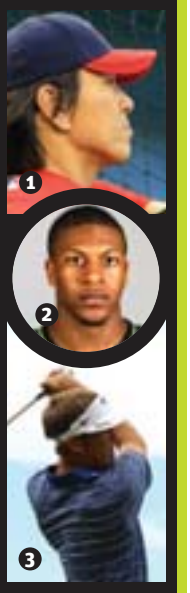
Leslie Frazier, Minnesota's interim coach, said the plan was for Favre to go through a pre-game throwing routine to try to determine if he could play, but the three-time MVP wasn't on the field about 90 minutes before kickoff, and the Vikings announced moments later he was inactive.

Favre finally came out about 35 minutes before the scheduled kickoff, wearing a T-shirt and warmup pants. He hugged a teammate while receiving a few cheers from the crowd, then stood at the 15-yard line and chatted with Tarvaris Jackson, the new Minnesota starter.

Favre was injured when the Bills' Arthur Moats hit him square in the back and sent him to the turf on the third play from scrimmage last weekend.

THE ASSOCIATED PRESS

Sports in brief



1 Hideki Matsui and the Oakland Athletics worked yesterday to finalize a contract.

2 Seahawks wide receiver Deon Butler will be placed on injured reserve after suffering a broken right leg.

3 Stuart Appleby was voted the PGA Tour comeback player of the year.

THE ASSOCIATED PRESS

Scan code for more sports

Calderon not ready to return

STEVE RUSSELL/TORSTAR NEWS SERVICE

Jose Calderon

Raptors point guard Jose Calderon did not travel with the team for its game in Charlotte tonight because of nagging pain in his left foot and he's not entirely sure how it came to be.

"No idea at all," Calderon said after the Raptors worked out at the Air Canada Centre yesterday. "Everything was good after the (Dec. 8 Knicks) game and I woke up in the morning and feel a little bit of something there, it was sore, and that's how we found out. So I don't know what I did.

"But it's nothing big, nothing important, it's just gong to be day-to-day so, hopefully, in a couple of days all the swelling goes down and I can go out there. But we don't want to go too much."

Calderon got some work in Sunday and tried to take part in yesterday's practice but felt a little pain. He did some conditioning work and hopes to be back in the lineup either tomorrow against Chicago or Friday against New Jersey.

TORSTAR NEWS SERVICE

Reed hangs up his track shoes

There's already a fullness to Gary Reed's face to replace the cheeks once hollow from countless hours of training.

There were also tears and a wide smile yesterday as the world silver medallist in the 800 metres officially announced his retirement from track and field.

Despite the tears, the 29-year-old from Kamloops called it a "joyous, positive decision."

"It's not a decision that I've been forced into by injury, illness, anything negative," he said. "I feel like I've explored every avenue in this sport, I've turned over every stone in training, I left it all out there, and it feels good. I feel at peace, I feel happy, it's great."

Reed said he no longer has the drive to log long hours of training and do the little things required to be a contender for a medal at the 2012 London Olympics.

"To sum it up in a one-liner, the tank is empty. I have no more gas in the tank, I have no more drive left that is needed to stand on the podium," he said at a news conference at a Toronto hotel yesterday.

Reed was just nipped at the finish line to win silver at the 2007 world championships in Osaka, Japan, then went on to finish fourth at the 2008 Olympics, in one of Canada's top track performances in Beijing. His time of one minute 43.68 seconds set in 2008 in Monaco is the Canadian record in the 800 metres.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Gary Reed

WHAT NOT TO WEAR
metro
Fantastic new species discovered
metro
News worth sharing.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	31	21	8	2	0	101	71	44	10-5-1-0	11-3-1-0	10-0-0-0	W12
d-Washington	32	18	11	1	2	98	92	39	12-4-0-2	6-7-1-0	4-5-0-1	L6
d-Montreal	30	18	10	2	0	78	61	38	11-4-2-0	7-6-0-0	5-4-1-0	L2
Philadelphia	31	19	7	2	3	105	76	43	10-5-0-2	9-2-2-1	6-1-0-3	W2
Atlanta	31	17	11	1	2	99	91	37	9-6-0-1	8-5-1-1	8-2-0-0	W2
NY Rangers	32	18	13	1	0	96	83	37	7-8-1-0	11-5-0-0	6-4-0-0	W1
Boston	28	16	8	1	3	81	56	36	7-5-1-2	9-3-0-1	5-3-1-1	L1
Tampa Bay	30	16	10	2	2	94	106	36	7-2-1-1	9-8-1-1	6-2-0-2	W1
Ottawa	32	13	16	2	1	71	96	29	8-8-1-1	5-8-1-0	3-5-1-1	L1
Carolina	28	12	12	0	4	78	87	28	6-5-0-1	6-7-0-3	3-3-0-4	W1
Buffalo	30	12	14	4	0	78	84	28	6-9-1-0	6-5-3-0	5-4-1-0	L1
Florida	28	13	15	0	0	71	72	26	6-5-0-0	7-10-0-0	3-7-0-0	L1
Toronto	29	11	14	2	2	65	86	26	8-6-2-1	3-8-0-1	4-5-1-0	W1
New Jersey	29	8	19	1	1	53	88	18	4-7-1-1	4-12-0-0	3-7-0-0	L5
NY Islanders	28	5	18	3	2	59	98	15	3-7-1-1	2-11-2-1	1-7-2-0	L6

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	29	19	7	2	1	96	78	41	11-4-1-1	8-3-1-0	6-3-1-0	L1
d-Dallas	30	18	10	0	2	86	82	38	11-3-0-1	7-7-0-1	7-2-0-1	W1
d-Vancouver	28	16	8	2	2	91	74	36	9-3-1-1	7-5-1-1	6-3-1-0	W1
Nashville	29	15	8	4	2	76	70	36	7-1-3-2	8-7-1-0	6-1-1-2	W3
Colorado	30	16	10	4	0	108	95	36	8-4-1-0	8-6-3-0	4-3-3-0	W3
Anaheim	33	16	13	2	2	87	98	36	11-6-0-1	5-7-2-1	6-3-0-1	W2
Los Angeles	28	17	10	1	0	78	65	35	11-2-1-0	6-8-0-0	5-4-1-0	W1
San Jose	30	15	10	4	1	90	87	35	8-4-2-1	7-6-2-0	5-4-0-1	L1
Chicago	32	16	13	2	1	101	96	35	8-8-0-0	8-5-2-1	6-3-1-0	L2
Phoenix	28	14	8	4	2	81	77	34	6-4-2-2	8-4-2-0	6-3-0-1	W1
Columbus	29	16	11	1	1	76	79	34	8-7-0-1	8-4-1-0	3-5-1-1	L1
St. Louis	28	14	9	2	3	72	75	33	9-2-0-2	5-7-2-1	4-4-1-1	L1
Minnesota	29	13	12	1	3	71	86	30	7-6-0-2	6-6-1-1	4-4-1-1	L1
Calgary	31	13	15	1	2	84	19	29	8-6-0-0	5-9-1-2	5-4-0-1	W1
Edmonton	29	11	13	1	4	77	101	27	5-7-1-1	6-6-1-2	6-3-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Los Angeles 5 Detroit 0
Atlanta 4 Ottawa 3 (OT)
Nashville 5 N.Y. Islanders 0
Colorado 7 Chicago 5
Calgary 3 Columbus 2 (OT)
Dallas 3 San Jose 2 (SO)
Sunday's results
Vancouver 2 Edmonton 1
Anaheim 6 Minnesota 2
N.Y. Rangers 7 Washington 0
Tonight's games
(All times Eastern)
Pittsburgh at Philadelphia, 7 p.m.
Toronto at Edmonton, 9 p.m.
Tomorrow's games
Boston at Buffalo, 7 p.m.
Phoenix at New Jersey, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
Anaheim at Washington, 7 p.m.
St. Louis at Detroit, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.
Atlanta at Tampa Bay, 7:30 p.m.
Carolina at Florida, 7:30 p.m.
San Jose at Nashville, 8 p.m.
Colorado at Chicago, 8:30 p.m.
Columbus at Vancouver, 10 p.m.

THRASHERS 4, SENS 3 (OT)

First Period
1. Atlanta, Slater 5 (Boulton, Thorburn) 9:36
2. Atlanta, Little 8 (Thorburn, Byfuglien) 17:18
Penalties — Atlanta bench (too many men; served by Stapleton) 0:35.
Second Period
3. Atlanta, Byfuglien 11 (Peverley, Anropov) 17:38
4. Ottawa, Alfredsson 9, 18:31
Penalties — None.
Third Period
5. Ottawa, Neil 2 (Ruutu, Kelly) 5:48
6. Ottawa, Spezza 8, 7:23 (penalty shot)
Penalties — None.
Overtime
7. Atlanta, Little 9, 1:09
Penalties — None.
Shots

Atlanta	10	4	7	3—24
Ottawa	11	6	13	0—30

Goal — Atlanta: Pavelec (W,10-6-2); Ottawa: Elliott (L,10-10-1). **Power plays (goals-chances)** — Atlanta: 0-0; Ottawa: 0-1.
Att. — 18,184 (19,153) at Ottawa.

FLAMES 3, JACKETS 2 (OT)

First Period
1. Calgary, Iginla 13 (Backlund, Giordano) 2:20
2. Calgary, Morrison 5 (Hagman, Babchuk) 4:25
Penalty — Pahlsson Clb (holding) 11:30.
Second Period
3. Columbus, Vermette 9 (Murray) 18:45 (sh)
Penalties — Tyutin Clb (elbowing) 12:20, Sestito Clb (hooking) 17:43.
Third Period
4. Columbus, Nash 17 (Russell, Vermette) 15:41 (pp)
Penalty — Pardy Cal (hooking) 15:13.
Overtime
5. Calgary, Iginla 14 (Tanguay, Sarich) 3:49
Penalties — None.
Shots

Columbus	6	9	9	0—24
Calgary	11	6	5	3—25

Goal (shots-saves) — Columbus: Mason (4-2), Garon (L,7-4-0)(4:25 first)(21-20); Calgary: Kiprusoff (W,11-14-1). **Power plays (goals-chances)** — Columbus: 1-1; Calgary: 0-3.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	26	25	51
Stamkos, TB	24	20	44
St. Louis, TB	11	26	37
D.Sedin, Vcr	16	20	36
Ovechkin, Wash	12	24	36
Datsyuk, Det	11	25	36
Perry, Ana	16	19	35
H.Sedin, Vcr	5	30	35
B.Richards, Dal	12	22	34
Semin, Wash	18	15	33
Backstrom, Wash	11	22	33
Getzlaf, Ana	10	22	32
Hejduk, Col	11	20	31
Sharp, Chi	17	13	30
M.Richards, Pha	11	19	30
Byfuglien, Atl	10	20	30
Heatley, SJ	13	16	29
Ladd, Atl	10	19	29
Zetterberg, Det	10	19	29
Roy, Buf	9	20	29
Giroux, Pha	14	14	28
Neal, Dal	13	15	28
Eriksson, Dal	12	16	28
E.Staal, Car	12	16	28
P.Stastny, Col	12	16	28

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	19	4	.826	—
d-Miami	18	8	.692	2½
Orlando	16	8	.667	3½
d-Chicago	15	8	.652	4
Atlanta	16	9	.640	4
New York	16	9	.640	4
Indiana	11	12	.478	8
Milwaukee	10	13	.435	9
Toronto	9	15	.375	10½
Charlotte	8	15	.348	11
Philadelphia	8	15	.348	11
Cleveland	7	17	.292	12½
Detroit	7	18	.280	13
Washington	6	16	.273	12½
New Jersey	6	18	.250	13½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	20	3	.870	—
Dallas	19	5	.792	1½
d-L.A. Lakers	17	7	.708	3½
d-Utah	18	8	.692	3½
Oklahoma City	17	8	.680	4
Denver	14	9	.609	6
New Orleans	14	10	.583	6½
Portland	12	13	.480	9
Phoenix	11	12	.478	9
Memphis	11	14	.440	10
Houston	9	14	.391	11
Golden State	8	16	.333	12½
Minnesota	6	18	.250	14½
Sacramento	5	16	.238	14
L.A. Clippers	5	20	.200	16

d-division leader
Last night's results
Miami 96 New Orleans 84
Chicago 92 Indiana 73
Memphis 86 Portland 73
Milwaukee 103 Dallas 99
Utah 108 Golden State 95
Sunday's results
New York 129 Denver 125
Philadelphia 88 New Orleans 70
L.A. Lakers 99 New Jersey 92
San Antonio 95 Portland 78
Oklahoma City 106 Cleveland 77
Orlando 94 L.A. Clippers 85
Tonight's games
(All times Eastern)
Toronto at Charlotte, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
L.A. Lakers at Washington, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Sacramento at Houston, 8:30 p.m.
Orlando at Denver, 9 p.m.
Minnesota at Golden State, 10:30 p.m.

LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	21	186	170	574	27.3
Bryant, LAL	24	219	169	640	26.7
Stoudemire, NYK	25	247	157	656	26.2
Rose, CHI	21	203	84	527	25.1
Nowitzki, DAL	23	220	115	575	25.0
Gordon, LAC	23	180	172	563	24.5
Ellis, GOL	23	216	96	560	24.3
James, MIA	25	204	167	605	24.2
Westbrook, OKC	25	197	186	589	23.6
Martin, HOU	23	147	190	533	23.2
Anthony, DEN	21	168	136	486	23.1
Wade, MIA	24	194	151	554	23.1
Williams, UTA	25	189	150	567	22.7
Howard, ORL	22	165	143	473	21.5
Bargnani, TOR	24	193	96	512	21.3
Beasley, MIN	22	190	70	468	21.3
Gay, MEM	24	196	83	508	21.2
Granger, IND	22	161	92	464	21.1
Love, MIN	24	165	131	493	20.5

FIELD GOAL PERCENTAGE

	FG	FGA	PCT
Hilario, DEN	108	170	.635
Gasol, MEM	105	172	.610
Young, PHL	120	205	.585
Ibaka, OKC	107	183	.585
Odom, LAL	152	261	.582
Howard, ORL	165	286	.577
Horford, ATL	179	312	.574
Nowitzki, DAL	220	387	.568
McGee, WAS	89	157	.567
Warrick, PHX	91	164	.555

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

COMMISSIONER'S OFFICE—Suspended Pittsburgh minor league RHP Arquimedes Lorenzo 50 games for his violation of the Minor League Drug Prevention and Treatment Program.
AMERICAN LEAGUE
BALTIMORE ORIOLES—Agreed to terms with RHP Koji Uehara on a one-year contract.
DETROIT TIGERS—Named Chris Cron manager of Erie (EL) and Dave Huppert manager of Lakeland (FSL).
OAKLAND ATHLETICS—Agreed to terms with RHP Joey Devine on a one-year contract.
SEATTLE MARINERS—Designated C Rob Johnson for assignment.
TEXAS RANGERS—Agreed to terms with C Matt Treanor on a one-year contract. Announced RHP Ryan Tucker cleared outright waivers and was assigned to Round Rock (PCL).
NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Named Mel Stottlemyre, Jr. short-season pitching coordinator; Joel Youngblood outfield and baserunning coordinator; Turner Ward manager and Alan Zinter hitting coach for Mobile (SL); Jason Hardtke manager, Doug Drabek pitching coach and Andy Abad Hitting coache for Visalia (Cal); Bobby Smith hitting coach for Soputh Bend (MWL); Audo Vicente manager, Doug Bochtler pitching coach and Jacob Cruz hitting coach for Yakima (NWL); Andy Green hitting coach Missoula (Pioneer); Kelly Stinnett manager, Abraham Nunez hitting coach and Jeff Bajenaru pitching coach for D-backs (Arizona).
LOS ANGELES DODGERS—Agreed to terms with INF Juan Castro, C J.D. Closser and OF Eugenio Velez on minor league contracts.
NEW YORK METS—Named Ken Oberkfell bench coach, Mookie Wilson first base coach, Dave Hudgens hitting coach and Jon Debus bullpen coach. Retained third base coach Chip Hale and pitching coach Dan Warthen.
SAN DIEGO PADRES—Agreed to terms with RHP Dustin Moseley on a one-year contract.

AMERICAN ASSOCIATION

EL PASO DIABLOS—Signed RHP Alfredo Caballero.
SHREVEPORT-BOSSIER CAPTAINS—Sold the contract of C Brian Peterson to Kansas City (AL).
WINNIPEG GOLDEYES—Signed C Luis Alen.

FRONTIER LEAGUE

LAKE ERIE CRUSHERS—Signed OF Trae Gore and 1B Eddie Tisdale to contract extensions.
OAKLAND COUNTY CRUISERS—Signed RHP Brad Reid.
RIVER CITY RASCALS—Signed OF Scott Houin to a contract extension.

BASKETBALL

NBA

MINNESOTA TIMBERWOLVES—Recalled G Jonny Flynn from Sioux Falls (NBADL). NBA Development League
RIO GRANDE VALLEY VIPERS—Announced F-C Patrick Patterson was recalled by Houston (NBA).

FOOTBALL

NFL

CINCINNATI BENGALS—Placed S Chinedum Ndukwe on injured reserve.
SEATTLE SEAHAWKS—Placed WR Deon Butler on injured reserve.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Recalled F Ryan Potulny from Rockford (AHL).
LOS ANGELES KINGS—Activated D Willie Mitchell from injured reserve. Placed F Brad Richardson on injured reserve.
MINNESOTA WILD—Reassigned C Warren Peters to Houston (AHL).
NEW JERSEY DEVILS—Sent D Matt Corrente and RW Alexander Vasyunov to Albany (AHL). Recalled D Dan Kelly and D Harry Young from Albany.
NEW YORK ISLANDERS—Recalled D Dylan Reese and F Rhett Rakhshani from Bridgeport (AHL).
PHILADELPHIA FLYERS—Suspended F Jody Shelley two games for delivering a hit from behind to Boston D Adam McQuaid during a Dec. 11 game.
ST. LOUIS BLUES—Recalled F Adam Cracknell, F Chris Porter and F Dave Scatchard from Peoria (AHL).
WASHINGTON CAPITALS—Assigned RW Andrew Gordon to Hershey (AHL).

AHL

BRIDGEPORT SOUND TIGERS—Released F Trent Campbell.

SOCCER

MLS

LEAGUE OFFICE—Named Kathy Carter president of Soccer United Marketing.
PORTLAND TIMBERS—Signed D Kerrea Gilbert.

FOOTBALL

NCAA

All Times Eastern
Saturday's games
NEW MEXICO BOWL
At Albuquerque, N.M.
Texas-El Paso (6-6) vs. Brigham Young (6-6), 2 p.m.
HUMANITARIAN BOWL
At Boise, Idaho
Northern Illinois (10-3) vs. Fresno State (8-4), 5:30 p.m.
NEW ORLEANS BOWL
Ohio (8-4) vs. Troy (7-5), 9 p.m.
Tuesday, Dec. 21
BEEF 'O' BRADY'S BOWL
At St. Petersburg, Fla.
Louisville (6-6) vs. Southern Mississippi (8-4), 8 p.m.
Wednesday, Dec. 22
MAACO BOWL
At Las Vegas
Utah (10-2) vs. Boise State (11-1), 8 p.m.
Thursday, Dec. 23
POINSETTIA BOWL
At San Diego, Calif.
San Diego State (8-4) vs. Navy (8-3), 8 p.m.
Friday, Dec. 24
HAWAII BOWL
At Honolulu
Hawaii (10-3) vs. Tulsa (9-3), 8 p.m.
Sunday, Dec. 26
LITTLE CAESARS PIZZA BOWL
At Detroit
Toledo (8-4) vs. Florida International (6-6), 8:30 p.m.
Monday, Dec. 27
INDEPENDENCE BOWL
At Shreveport, La.
Georgia Tech (6-6) vs. Air Force (8-4), 5 p.m.
Tuesday, Dec. 28
CHAMPS SPORTS BOWL
At Orlando, Fla.
North Carolina State (8-4) vs. West Virginia (9-3), 6:30 p.m.
INSIGHT BOWL
At Tempe, Ariz.
Missouri (10-2) vs. Iowa (7-5), 10 p.m.
Wednesday, Dec. 29
MILITARY BOWL
At Landover, Md.
East Carolina (6-6) vs. Maryland (8-4), 2:30 p.m.
TEXAS BOWL
At Houston
Baylor (7-5) vs. Illinois (6-6), 6 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
x-New England	11	2	0	.846	415	276
N.Y. Jets	9	4	0	.692	273	242
Miami	7	6	0	.538	225	244
Buffalo	3	10	0	.231	256	339

SOUTH

	W	L	T	Pct	PF	PA
Jacksonville	8	5	0	.615	295	331
Indianapolis	7	6	0	.538	347	318
Houston	5	8	0	.385	316	355
Tennessee	5	8	0	.385	291	265

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	10	3	0	.769	290	198
Baltimore	9	4	0	.692	294	229
Cleveland	5	8	0	.385	235	252
Cincinnati	2	11	0	.154	262	345

WEST

	W	L	T	Pct	PF	PA
Kansas City	8	5	0	.615	295	268
San Diego	7	6	0	.538	354	253
Oakland	6	7	0	.462	314	307
Denver	3	10	0	.231	269	376

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	9	4	0	.692	329	250
Philadelphia	9	4	0	.692	374	308
Washington	5	8	0	.385	238	310
Dallas	4	9	0	.308	321	366

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	2	0	.846	335	243
New Orleans	10	3	0	.769	330	240
Tampa Bay	8	5	0	.615	260	267
Carolina	1	12	0	.077	164	338

NORTH

	W	L	T	Pct	PF	PA
Chicago	9	4	0	.692	253	228
Green Bay	8	5	0	.615	306	189
Minnesota	5	8	0	.385	230	274
Detroit	3	10	0	.231	285	309

WEST

	W	L	T	Pct	PF	PA
Seattle	6	7	0	.462	261	329
St. Louis	6	7	0	.462	245	268
San Francisco	5	8	0	.385	243	280
Arizona	4	9	0	.308	243	351

x — clinched playoff berth.

WEEK 14

Last night's results
Baltimore 34 Houston 28 (OT)
At Detroit
N.Y. Giants 21 Minnesota 3
Sunday's results
Arizona 43 Denver 13
Atlanta 31 Carolina 10
Buffalo 13 Cleveland 6
Detroit 7 Green Bay 3
Jacksonville 38 Oakland 31
Miami 10 N.Y. Jets 6
New England 36 Chicago 7
New Orleans 31 St. Louis 13
Pittsburgh 23 Cincinnati 7
San Diego 31 Kansas City 0
San Francisco 40 Seattle 21
Tampa Bay 17 Washington 16
Philadelphia 30 Dallas 27
N.Y. Giants at Minnesota (ppd., snow and stadium problems)

WEEK 15

Thursday's game
(All times Eastern)
San Francisco at San Diego, 8:20 p.m.
Sunday's games
Kansas City at St. Louis, 1 p.m.
Washington at Dallas, 1 p.m.
Houston at Tennessee, 1 p.m.
Arizona at Carolina, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Buffalo at Miami, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
New Orleans at Baltimore, 1 p.m.
Atlanta at Seattle, 4:05 p.m.
Denver at Oakland, 4:15 p.m.
N.Y. Jets at Pittsburgh, 4:15 p.m.
Green Bay at New England, 8:20 p.m.
Monday, Dec. 20
Chicago at Minnesota, 8:30 p.m.

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Bell

Nearly a year after the Games, venues are in use, but critics question their worth

JASPER JUINEN/GETTY IMAGES

Golden legacy?

On a chilly fall evening in Richmond, a jogger runs laps on the same track where Canadian speedskater Christine Nesbitt claimed Olympic gold a few months earlier.

A short distance away, the arena where curler Kevin Martin was crowned Olympic champion is being converted into a skating rink and the walls are going up on a new curling club.

At Rogers Arena, the Canucks are in the midst of their NHL season, playing on the same ice where Sidney Crosby sent a nation into delirium with his overtime goal to win Olympic hockey gold.

In the 10 months since the flame was extinguished at the Vancouver Olympics, the Games venues are still a concern. While a few will likely host elite competitions in the future, others have been turned into community facilities and may never see another international event.

"In almost every case it's working exactly as we hoped for," John Furlong, the man who headed the Vancouver organizing committee, said in a recent interview.

CURLING

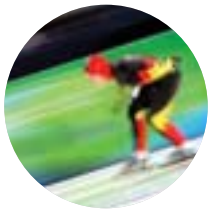
- Officials have talked to the Canadian Curling Association about bringing the 2013 men's world curling championships to the oval.

LUGE

- A luge World Cup is planned for Whistler next year and the luge world championships are coming in 2013.

SKI JUMP

- The ski jumps built for the Games are sitting idle. They have been criticized because they are too advanced to be used by beginners.



SPEEDSKATING

- The long-track speedskating ice has been removed from the Richmond Oval, but can be replaced if needed.

"As an organizing committee we took the sustainability for Olympic venues to a completely different place than we've seen in the past," said Furlong. "In Turin (host of the 2006 Winter Games), some of those venues simply were dismantled immediately. In some cases, the venue is no longer used for sport. In our case, they are all used for sport."

VANOC spent $580 million building new venues or upgrading existing facilities for the 2010 Olympics. Furlong believes taxpayers are receiving a fair return on their investment with facilities that offer public recreation while developing future elite athletes.

"We have given the public who paid for these venues good and fair access to them so they can enjoy them as well," he said.

Others don't share Furlong's enthusiasm.

Chris Shaw, a UBC neuroscientist, was a vocal opponent of the Games. He questions how much the public will really use the venues.

"Can they be a thing the people will use? Yes," said Shaw. "Are they the thing people would have chosen, based on priorities? Probably not.

"Are they things most of us are going to use? Probably not."

Among the venues built specifically for the Games, the Whistler Sliding Centre ($104.9 million), Whistler Olympic Park ($119.7 million) and the Richmond Olympic Oval (VANOC contributed $63.3 million toward the building's $178-million cost) carried the biggest price tags.

A $110-million fund was created to help finance operation of these venues after the Games.

The rugged sliding centre, built on Blackcomb Mountain, was home to bobsled, luge and skeleton. The Olympic Park, located in the pristine Callaghan Valley about 20 kilometres southwest of Whistler, hosted cross-country skiing, ski jumping and biathlon.

The Richmond Oval, with its eye-catching wooden ceiling and breathtaking view of the North Shore Mountains, has been transformed from the Olympic long-track speedskating site to a multi-sport recreational centre.

More than 1,500 people have bought memberships and around 3,000 people visit the oval each month. Canada's national basketball teams played exhibition games in the building this fall.

It has hosted the world wheelchair rugby championships and is a centre of excellence for Hockey Canada, Volleyball Canada and the Canadian-Chinese table tennis foundation.

The three ice sheets at UBC's Thunderbird Arena, which hosted women's hockey, are now busy with university games and community leagues.

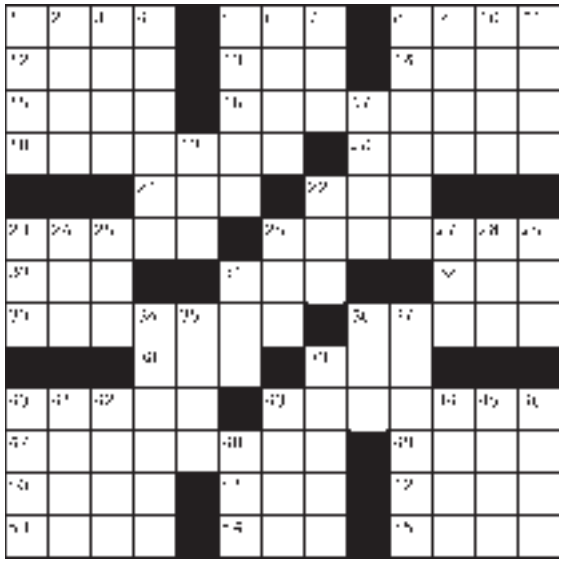
Jean Dupre, chief executive officer with the Canadian Olympic Committee, doesn't think hosting World Cup events is the only yardstick to measure the worth of Olympic venues.

"To have a purpose doesn't mean they have to host World Cups all the time," said Dupre. "Having an impact on sport and the sport community and developing athletes in the long run is the best type of legacy we have.

"I think we have that with the legacies in Vancouver."

THE CANADIAN PRESS

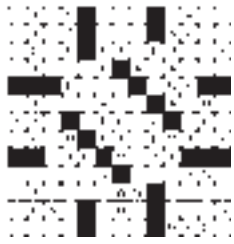
Crossword



Across
1 Unkempt one
5 Method
8 Arrived
12 Protagonist
13 Past
14 "Oh, woe!"
15 — the Terrible
16 Matisse et al.
18 Tall footed beer glass
20 Overact
21 Atmosphere
22 Sch. group
23 PDA communique
26 Speech sound
30 High hit
31 Cushion
32 Flee
33 At the center
36 Bacteria
38 Minstrel's song
39 Chignon
40 South American range
43 City in a Dionne Warwick hit
47 Type of hairstyle
49 Aware of
50 Spore cases
51 Poolroom stick
52 Picture on a laptop
53 "Phooey!"
54 Type measures
55 Information

Down
1 Ocean liner, e.g.
2 Jeans-maker Strauss
3 Exam format
4 Dwarf tree
5 Thin cracker
6 Culture medium
7 Thee
8 Alligator's cousin
9 As well
10 Actor Damon
11 Brutus' being
17 Presidential power
19 Zero
22 Third degree?
23 Sprite
24 Cattle call?
25 Easy as —
26 Remuneration
27 Mess up
28 Silent
29 Halves of 54-Across
31 Thickness
34 Joan Collins' "Dynasty" "Dynasty" role
35 Whip
36 Pistol
37 Command
39 Uses the oven
40 Distant
41 Houston acronym
42 Tubular channel
43 Like lapsin the pool
44 Formerly
45 Pack cargo
46 A really long time
48 Expert

▶ Yesterday's answer



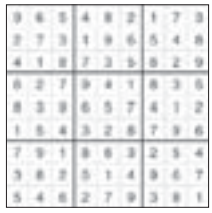
Sudoku

	8				3			
7			1	5		3	2	
5		3					6	
	2	8		1				
			7		4			
				9		1	4	
	7					8		4
	6	1		3	5			9
			2				5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Cupcake, as soon as we can arrange our big day the better. I love you so much baby! I want you and our boys to have the best Xmas ever!
NELSO ALABACITO

Thank you very much for the great weekend, we had a good time. And thank you for the flowers too, love 'em Love you babe
YOUR COCONUT

To the love of my life Tony; Thank you for being there for me, loving me the way that you do. Your truly the best partner anyone could ever have. I love you with all my heart and soul
XOX BARBARA

HOLLA AT CALLER #9!! You are the smartest and most witty girl I have ever met. Would you be my prom date?
YOUR TRULY, THE AURA

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It will pay to be nice to people today, especially those who might be able to further your career interests. Don't let your temper get the better of you.

♉ Taurus April 21-May 21 Do you get the feeling that it's time to move on? Today's cosmic pattern will ignite your interest in faraway places. If you are brave enough to actually get up and go, it could be the best thing you ever did.

♊ Gemini May 22-June 21 You need to get your finances in order, and you need to do it quickly. If you don't make the necessary changes over the next two or three days, you will find that balancing the books is almost impossible.

♋ Cancer June 22-July 22 You will find it easier to reach your goals if you team up with people who share your aims and ambitions. You don't have to like one another, you just have to work together.

♌ Leo July 23-Aug.23 Listen to your conscience and do as it tells you, even if it puts you at odds with loved ones and work colleagues. You know from experience that your inner voice is seldom wrong, so listen carefully then act.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in the most positive area of your chart means that if you want to do something or if there is someone you want to get close to, you must make your move soon.

♎ Libra Sept. 23-Oct. 23 If there is something you can do for someone you love, do it and don't count the cost. When you do a good deed, you make it more likely that good deeds will come back to you.

♏ Scorpio Oct. 24-Nov. 22 Don't let your heart rule your head today. Facts and figures must come first, both in your personal life and at work. Someone's sob story may sound credible but the planets warn it is a big con.

♐ Sagittarius Nov. 23-Dec. 21 It will all come together today. Now you can see why certain things have occurred and why the powers that be have been guiding you in a new direction.

♑ Capricorn Dec. 22-Jan. 20 You'll soon have the kind of self-belief that moves mountains. However, as Mercury is moving retrograde you must be sure in that what you desire is what you really need.

♒ Aquarius Jan. 21-Feb. 18 Cosmic activity in the most sensitive area of your chart urges you to be kind to yourself. You may look tough but on an inner level you are struggling with doubt.

♓ Pisces Feb. 19-March 20 If you say what you think today, you will upset someone with whom it would be wiser to stay on good terms. Just because you know the truth does not mean you have to speak it.
SALLY BROMPTON

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JERRY HOLT/AP/THE STAR-TRIBUNE

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All-Inclusive • Standard rm.
Jan. 7 & 14 • 1 wk.
PRIVILEGES $889
+Taxes & other fees: $149

Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$999
+Taxes & other fees: $222

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Dec. 31 • 1 wk.
PRIVILEGES $1169
+Taxes & other fees: $274

MEXICO

Cancun/Riviera Maya

Barceló Tucancun Beach • 4 ★
All-Inclusive • Standard rm.
Jan. 8 • 1 wk.
$999
+Taxes & other fees: $241

Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive • Deluxe rm.
Jan. 8 • 1 wk.
$1179
+Taxes & other fees: $241

Barceló Maya Beach • 4 ★
All-Inclusive • Superior rm.
Jan. 8 • 1 wk.
$1229
+Taxes & other fees: $241

MEXICO

Ixtapa/Zihuatanejo

Fontan Ixtapa Beach Resort • 3 ★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
PRIVILEGES $1029
+Taxes & other fees: $275

Puerto Vallarta/Riviera Nayarit

Meliá Puerto Vallarta • 4 ★
All-Inclusive
Deluxe garden view rm.
Jan. 8 - 29 • 1 wk.
PRIVILEGES $1199
+Taxes & other fees: $98

Crown Paradise Club Puerto Vallarta • 4 ★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1299
+Taxes & other fees: $275

USA

Las Vegas

Bally's Las Vegas • 3 ★
Classic rm. - promo savings
Jan. 10, 24 & 25 • 3 nts.
$299
+Taxes & other fees: $106

San Francisco

Hotel Whitcomb • 3 ★
Double guest rm.
Jan. 19 • 3 nts.
$529
+Taxes & other fees: $132

CRUISE

Royal Caribbean International[1]

Serenade of the Seas®
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. N
Mar. 19 • 1 wk.
$1449
+Taxes & other fees: $132

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DOMINICAN REPUBLIC

La Romana via Toronto

Dreams La Romana Resort & Spa • 5 ★
Unlimited-Luxury®
Deluxe garden view rm.
Feb. 5 & 12 • 1 wk.
PRIVILEGES $1899
+Taxes & other fees: $186

Punta Cana via Calgary

Dreams Punta Cana Resort & Spa • 5 ★
Unlimited-Luxury®
Deluxe rm.
Feb. 1 & 22 • 1 wk.
PRIVILEGES $1979
+Taxes & other fees: $171

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Optimus One Web Code: 10158193

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HTC Desire Z
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